

THE WIRE

The Official Publication of Joint Task Force Guantanamo

Admin keeps GTMO afloat

Recognizing the value of
administrative personnel

How H₂O saves the day

Weathering the heat by
staying hydrated



Celebration and Honor

AROUND THE BAY

AND IN OUR PAGES



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MPs kick off Army Birthday with motivation



Cover Story

Cover photo by Sgt. Cassandra Monroe

Army celebrates its 238th Birthday with retired Gen. George W. Casey Jr. **PAGE 10**

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BAY WIRE REPORT

Volunteer and make a difference

The Hospital Cay Beach Brigade will clean up the Hospital Cay beach June 30, at 7 a.m. Call ext. 2010 to sign up.

Seeing RED?

Bowl a strike when a red head pin is on your lane and win a free game of bowling. Every Thursday from 5:30 p.m. to 11 p.m. Only at Marblehead Lanes. Call ext. 2050 for information.

Before you hit the water

If you don't have your captain's license, you won't be able to sail away. Don't forget about the written and water tests to obtain your ticket to relaxation. Call the Marina for more info at ext. 2345.

Team building and fun await

Looking for a good way to have fun with your team or platoon? Contact the Outdoor Rec office at the Marina at ext. 2345 and get the down low on all the fun equipment offered to Troopers.

Ladies Flag Football

Calling all Queens of the Gridiron

MWR is looking for one final team for the Women's Flag Football League

- 7 vs 7 on the field -

Games will be held at 6 p.m. and 7 p.m. at Cooper Field

Call ext. 2113 or
jim.holbert@gtmo-mwr.org for more
informatoin

CORRECTIONS Please report all corrections to thewire@jftgmo.southcom.mil
The following information was printed incorrectly in the June 14, print issue of The Wire:

Page 8: There are four Fire Stations on Guantanamo Bay.

Page 15: Sgt. Maj. Catherine Farrell, operations sergeant major, was incorrectly identified in a photo.



THE WIRE

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Religious Services

NAVSTA Chapel

Catholic Mass

Tues.-Fri. 5:30 p.m.

Saturday 5 p.m.

Sunday 9 a.m.

Spanish-language Mass

Sunday 4:35 p.m.

General Protestant

Sunday 11 a.m.

Gospel Service

Sunday 1 p.m.

Christian Fellowship

Sunday 6 p.m.

Chapel Annexes

Protestant Communion

Sunday 9:30 a.m., Room B

Pentecostal Gospel

Sunday 8 a.m. & 5 p.m.,

Room D

LDS Service

Sunday 10 a.m., Room A

Islamic Service

Friday 1 p.m., Room 2

Seventh Day Adventist

Friday 7 p.m., Room 1

Sabbath School-

Saturday 9:15 a.m., Room 1

Sabbath Service-

Saturday 11:15 a.m., Room 1

JTF Trooper Chapel

Protestant Worship

Sunday 9 a.m.

Bible Study

Wednesday 6 p.m.

Transportation Schedules

Bus #1, 2, 3:

Camp America - :00, :20, :40

Gazebo - :02, :22, :42

NEX trailer - :03, :23, :43

Camp Delta - :02, :06, :26, :46

KB 373 - :10, :30, :50

TK 4 - :12, :32, :52

JAS - :13, :33, :53

TK 3 - :14, :34, :54

TK 2 - :15, :35, :55

TK 1 - :16, :36, :56

West Iguana - :18, :38, :58

Windjammer/Gym - :21, :41, :01

Gold Hill Galley - :24, :44, :04

96 Man Camp - :31, :51, :11

NEX - :33, :53, :13

Gold Hill Galley - :37, :57, :17

Windjammer/Gym - :36, :56, :16

West Iguana - :39, :59, :19

TK 1 - :40, :00, :20

TK 2 - :43, :03, :23

TK 3 - :45, :05, :25

TK 4 - :47, :07, :27

KB 373 - :50, :10, :30

Camp Delta 1 - :52, :12, :32

IOF - :54, :14, :34

NEX Trailer - :57, :17, :37

Beach Bus

Sat. and Sun. only - Location #1-4
Winward Loop - 0900, 1200, 1500, 1800

East Caravella

SBOQ/Marina 0905, 1205, 1505

NEX

0908, 1208, 1508, 1808

Phillips Park

0914, 1214, 1514

Cable Beach

0917, 1217, 1517

Winward Loop

0930, 1230, 1530

NEX

0925, 1225, 1525, 1825

SBOQ/MARINA

0935, 1235, 1535

Return to Office

0940, 1240, 1540

JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT



By Brig. Gen. James C. Lettko

Joint Task Force Deputy Commander

Whether you are new to Joint Task Force Guantanamo or have been here for some time, you may have noticed one particular aspect of our JTF that stands out from everything else. Integrity. Integrity was the word of the week this past week. As I walk thru all of our various operations this past week, I see integrity as a key value we all share. Integrity is what sets you as an individual, and as a team member of the Joint Task Force, apart from anything else in American society.

The dictionary defines integrity as a "firm adherence to a code of especially moral or artistic values." I'd like to focus on the moral values our military demands and expects from each of us. Those of you who have daily contact with the detainees know you have to follow specific instructions or standard operating procedures in dealing with every aspect of a detainee. We know that the guards, medical professional and many others conduct themselves in a professional manner ensuring the detainees are provided for in a safe and humane manner. It can be very challenging to maintain your cool and treat the detainees in a safe and humane manner. Why are you able to conduct yourselves appropriately? Because you have integrity. You have been taught to respect others. By



Brig. Gen. James C. Lettko

joining the greatest military in the world, you have committed yourselves to following the rules of the military and to obey orders. The orders you have been issued are moral and ethical. Therefore, you have an obligation by virtue of your military standing to treat the detainees in a safe and humane manner even though they may taunt you.

Most of us see the importance of the mission and understand we cannot allow ourselves or team mates to fail. Integrity gives us the energy to follow the SOPs and orders regardless of what you think as an individual. It doesn't matter if you are a guard, medical professional, finance specialist, external security guard, supply specialist, admin assistant or mechanic - it takes a special person, a special Trooper, to perform your duties with integrity.

Our leaders expect and depend on you performing in your rate/MOS/AFC every day contributing to our successful mission. Your teammates depend on you performing your duties on duty and even off duty by checking on your fellow Troopers.

I appreciate your dedication to our mission. We have an incredibly talented team here at Joint Task Force Guantanamo. The Commander, Sergeant Major and I see it every day. We see the professionalism, integrity and initiative that fuel our Joint Task Force. Keep up the great attitude and work ethic. Your teammates are depending on you and I am depending on you to ensure our continued mission success.

TROOPER TO TROOPER

A leader's perspective on dealing with Generation Y

By 1st Sgt. Dean P. Richter

Task Force Operations NCOIC



1st Sgt. Dean P. Richter

Things have sure changed in the last 30 years. Our Soldiers and Troopers today are our future and we as senior leaders need to understand the Y Generation – which consists

of those born between the '80s and early '90s.

This generation does not respond well to being yelled at or subject to the old military leadership of "do as I say." What they want is mentoring and coaching.

Sociologists describe Generation Y as the "look at me generation," one that seeks fame and fortune as a

priority while having fun and experiencing life to the fullest. They tend to be technologically savvy and have a knack for solving problems.

Generation Y'ers will seek immediate feedback from superiors on their performance after completing a task. They are not afraid to personally seek-out and engage senior leaders with their opinions and beliefs, even if it circumvents the chain of command.

So, as senior leaders, how do we cope with this Generation Y?

First, we must lead by example, making our words correspond with our actions. Begin by actively mentoring and coaching them. Get them involved in the decision making processes, make them feel part of our team that makes an impact on

the organization.

Next, communicate purpose and meaning to them. Don't just expect them to do what you ask when they don't know why. When they have a question, actively listen and give an honest answer.

Don't be afraid to give them more responsibility, they are great multi-taskers and are always looking to be challenged. When they do a good job, tell them. They want to be rewarded both verbally and with more responsibility.

As senior leaders the bottom line is: lead by example, get your Generation Y subordinates involved in the organization, be a great listener, treat them with dignity and respect and don't be afraid to reward them. Then, watch them flourish.

Air Force publishes new development guide for boards

Staff Report

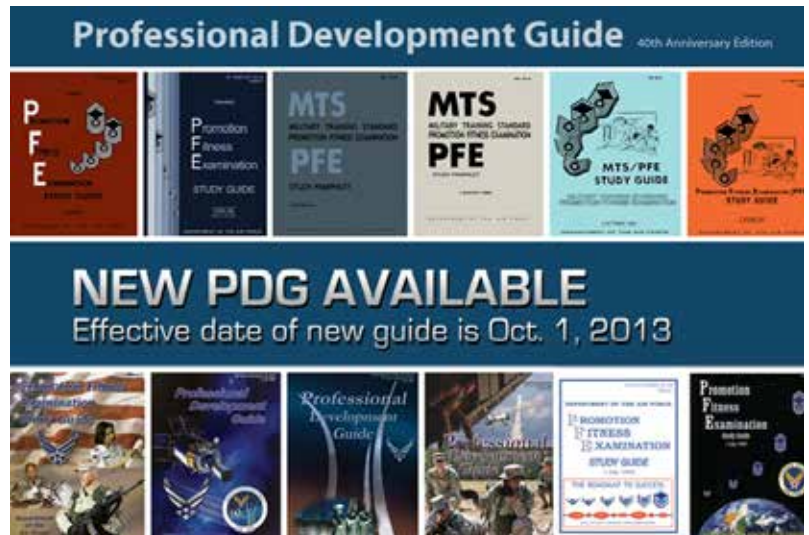
thewire@jftgtmo.southcom.mil

JOINT BASE SAN ANTONIO RANDOLPH, Texas (AFNS) -- The new Professional Development Guide, or PDG, AFPAM 36-2241, is now available at www.e-publishing.af.mil.

Printed guides will be distributed to all promotion-eligible active duty Airmen in the grades of E-4 through E-8 and airmen first class with at least two years in service. Base and unit Weighted Airman Promotion System monitors will assist with the distribution of printed guides slated for early fall.

Effective date of the new guide is Oct. 1, 2013. Master sergeants testing this December will be the first examinees to use the guide to prepare for promotion testing.

To assist Airmen studying for promotion, PDG study tools including audio files, interactive exercises, smart phone and computer applications, e-Reader files and Military Knowledge and Testing System, or MKTS, survey results are also available. Airmen can access these tools on the Airman Advancement Division's website at <http://pdg.af.edu>. New interactive exercises will be



Graphic by Sylvia Saaby/U.S. Air Force

posted monthly on the site to enhance Airmen's knowledge of the PDG.

Additional information and updates can be found on Facebook at <https://www.facebook.com/AFP362241> 🌟

The block



Photo by Staff Sgt. Lorne Neff/The Wire

Team Next One blocks an extra point attempt by the Bench Warmers during a flag football game at Cooper Field June 13. The final score of the game was 29-0.



“Man of Steel”

Grab your cape, this reel finally gives fans a hero

Story by Staff Sgt. Aaron Hiler

Graphics Editor, thewire@jtfgtmo.southcom.mil

I remember as a child standing on the front porch of my family’s house; a small red blanket fastened around my neck, fists firmly planted on my hips, head held high as a slew of imagined bullets ricocheted off my chest. I flew down the country road with a large red S taped to my chest and my arms outstretched. I WAS Superman.

With my first Superman comic under my belt, I was enamored from the start. With a sense of awe and wonder, Superman has always been a part of my life. That same feeling held me transfixed to the Downtown Lyceum movie screen Friday evening for “Man of Steel.” My personal hype surrounding this film has been overloaded since it was announced the Superman franchise would return to the big screen. I wasn’t impressed with the 2006 “Superman Returns,” it didn’t meet my expectations for a super bang – not since Christopher Reeve.

As I watched “Man

of Steel,” I once again felt the childhood wonder of the iconic American hero. But in this instance, both Superman and his alter ego, Clark Kent (Henry Cavill), were very humanized and relatable. I was thoroughly impressed by the performance.

I was wondering where the opening Kryptonian scene was headed, but I sat back and watched the backstory unfold as Kal-El’s home world spiraled towards destruction. I knew as I watched Krypton’s last son rocket off into space towards Earth that the plot would be highly enjoyable.

The father-son relationship that was portrayed between Jonathan Kent (Kevin Costner), and Clark was impressive. Seeing Jonathan teach the young Clark to hide his powers from a world that would never understand him and watching that relationship tear into the young super hero was a display that many fathers and sons have exchanged throughout life. Via the restraint that Jonathan instilled in the young Clark, he developed a

strong moral core in the future Superman, entrusting him with the awesome sense of responsibility that comes with such incredible powers.

“Man of Steel” was a beautifully shot film. The pace of some early scenes was a little rushed, but it evened out as the movie played on. The use of flashback scenes added to the development of Clark/Superman as a character. Typically, you can’t have both an action-filled movie as well as a well-told story but “Man of Steel” accomplished this admirably.

At the end of the film, I was transported back to my own youth as the film flashed back to Jonathan watching his young son wearing a jacket that had slipped off his shoulders and hung as a cape around the boy’s neck. Once again, I was flying above the Downtown Lyceum, chest thrust forward filled with wonder and excitement, just the same as at least one little boy in the crowd – proudly displaying his S.

“Man of Steel” earned every one of the five Banana Rats that I have given it. 🍌



	21 FRI	22 SAT	23 SUN	24 MON	25 TUE	26 WED	27 THU
Downtown Lyceum	World War Z (NEW) (PG13) 8 p.m. The Hangover III (R) 10:15 p.m.	Monsters University (NEW) (G) 8 p.m. Man of Steel (PG13) 10 p.m.	Now You See Me (PG13) 8 p.m.	Tyler Perry’s Peeples (PG13) 8 p.m.	Fast & Furious 6 (PG13) 8 p.m.	Iron Man 3 (Last Showing) (PG13) 8 p.m.	Mud (Last Showing) (PG13) 8 p.m.
Camp Bulkeley	Monsters University (NEW) (G) 8 p.m. Man of Steel (PG13) 10 p.m.	World War Z (NEW) (PG-13) 8 p.m. Tyle Perry’s Peeples (PG-13) 10:45 p.m.	Fast & Furious 6 (PG13) 8 p.m.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further noticed.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further noticed.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further noticed.	Star Trek: Into Darkness (PG13) 8 p.m.

Call the movie hotline at 4880 or visit the MWR Facebook page for more information.



Graphic by Staff Sgt. Aaron Hiler/The Wire

Improving your cardiovascular fitness one level at a time

By **1st Lt. Brian Pennington**

Command Information OIC, thewire@jtfgtmo.southcom.mil

Minute by minute:

Start your favorite cardio machine at level 4, and increase each minute for maximum results:

Minute 1: level 4
Minute 2: level 5
Minute 3: level 6
Minute 4: level 7
Minute 5: level 8
Minute 6: level 9
Minute 7: level 5
Minute 8: level 6
Minute 9: level 7
Minute 10: level 8
Minute 11: level 9
Minute 12: level 5
Minute 13: level 6
Minute 14: level 7
Minute 15: level 8
Minute 16: level 9
Minute 17: level 10
Minute 18: level 6
Minute 19: level 5
Minute 20: level 4

This week's workout focuses on conditioning the heart and lungs. Troopers can run mile after mile, but if they don't dedicate time to strengthening their heart and lungs they won't maximize their potential.

First, you must understand and be able to recognize varying levels of intensity. The scale ranges from 1 to 10, with one being a normal walk and 10 a full sprint. This can seem a little confusing when you are trying to achieve intensity level five or seven and you aren't sure how hard to work.

If you're running at an intensity level seven and the workout calls for an increase to 8, you should ask yourself this question: "will I be at a sprint in two intensity levels?" If the answer is yes, then maintain

your stride. If the answer is no, increase it.

The bottom line is to run at a pace that allows you to work your heart and lungs and work outside of your comfort level. This is how you improve that physical fitness test score.

As always, let your level of conditioning be your guide. If you need a challenge and are able, increase the work-out difficulty by adding an extra five minutes and completing the hardcore session. If it is too intense try replacing the higher levels of intensity with intensity levels of five to incorporate more rest.

I incorporate this workout several weeks before a physical training test to increase lung capacity and overall improvement of my run time. Try it and let

me know what you think. And don't forget that you can vary this exercise with the stationary bike or elliptical to give yourself a harder workout on those machines. It's not limited to a treadmill.

Don't forget to hydrate, and if you're not used to a rigorous plan, talk with a medical professional to make sure the workout is safe for you.

Do you have a workout you'd like to share with everyone? If so, email me at brian.a.pennington@jtfgtmo.southcom.mil.

I'll perform the workout, give my personal feedback and give you credit for your submission. Just remember, try to only include equipment that the majority of Troopers have access to. 🏃



Sgt. Thaddeus Spalding, a personnel services noncommissioned officer with the 177th Military Police Company, overlooks personnel records on his computer at Naval Station Guantanamo Bay, Cuba, June 19. Spalding and his administrative team, assigned to the Joint Personnel Center, maintain Troopers personnel records.

Admin section organizes JTF-GTMO

Story and photo by Sgt. Cassandra Monroe

Staff writer, thewire@jtfgtmo.southcom.mil

Daily routines make or break most days for Troopers stationed here at Naval Station Guantanamo Bay. Routines such as eating a meal at the galley, for which a meal card is needed; paying off credit card bills, which a paycheck with the right amount is needed; and confirming awards for an upcoming board. But behind the scenes of these daily routines lies the Joint Task Force Joint Personnel Center, a team that ensures that the inner workings of the administrative side of a Trooper's life is well maintained.

"The Joint Personnel Center, or JPC, takes care of all visitations, leaves, sponsorships, as well as both the urine analysis and awards programs," said Master Sgt. Darlene Weidmayer, the personnel services noncommissioned officer in charge for JTF-GTMO JPC.

According to Weidmayer, the team meets rotators to ensure initial welcome briefs are conducted, verify incoming personnel's records and manages meal card distribution. And once on ground, it's the JPC that ensures Troopers are being paid correctly, files personnel records and coordinates leave and passes.

Sgt. Thaddeus Spalding, personnel services non commissioned officer, 177th Military Police Brigade, assists Troopers with visitation packets as well as unit accountability. When Troopers would like to have family or friends visit the island, they come to him for help.

"Everyone's visitations packets come through me and I get them processed," he said. "For me, visitation is a pretty busy part because people bring in visitation packets every day."

For Spalding, the day-to-day routine of assisting administrative specialists and Troopers around the base proves to

be a good fit for him and his goals for his redeployment back home. Spalding, who is serving on his first deployment, is originally a military policeman but has switched roles as a personnel specialist.

"I like the environment I work in," he said.

"I'm learning a lot and hopefully I can take this back home," he said. "Since I'm National Guard, I've been applying to a lot of AGR (Active Guard Reserve) jobs, so I've been taking what I'm doing here and putting my knowledge toward an active duty job at home."

Although Spalding knows his job is demanding, he knows the mission is worthwhile and beneficial to the Troopers stationed here.

"This job is important, Spaulding said. "The JPC helps build the morale of the Troopers, whether it's helping them get approval to fly home or bring people here. It boosts their spirit up." 🍷

30 YEARS

and counting

Story and photos by Sgt. David Bolton

Copy Editor, thewire@jftgtmo.southcom.mil

When he was a young boy, his father held up a wrench and asked him to read it. 'Craftsman' the boy replied. His father told him it would be the only one he would ever have to buy because Craftsman backs-up their tools with a lifetime guarantee.

Years later, that same boy, Col. John V. Bogdan, commander of Joint Task Force Guantanamo Bay's Joint Detention Group, tells his Soldiers the same story to inspire them to be the best and bind themselves to the honor of defending freedom.

"As the U.S. force down here, we are responsible for the safe, secure, humane treatment of the detainees," said Bogdan. "Our treatment and our success of that mission is our honor and we are bound to secure that honor."

Excellence can be measured through tests and numbers, weapons qualification and physical training tests as well as scores on promotion boards.

When he took command of the JDG in June 2012, Bogdan promised to strive for excellence in his new position. A year later, celebrating his 30th Army anniversary at Guantanamo Bay, Bogdan looked back on how he's measured that excellence.

"Our integrity, our unit, what we stand for as a nation is on the line down here," said Bogdan. "You can measure it through a generally focused attitude and determination."

That attitude and determination comes from the Service members who put in long hours and long days for what some would call a thankless job. Bogdan notes that the Soldiers of the brigade do it professionally, however.

"You can't ever really nail down in a clear statement how good they are or how hard they work. I'm honored and privileged to be serving everyday with such great men and women," he said.

Much like the wrench his father showed him as a child, the JDG commander, aka 'the camp warden', believes the Soldiers of the U.S. Army represent a trademark guarantee on their work.

"You want something so good you can stamp your name on it and say 'because it has my name on it, because it has our unit's name on it, we stand behind it for the rest of our life,'" said Bogdan. "It's done right and we're proud of it, that's excellence." 🇺🇸



Joint Task Force Guantanamo Bay Joint Detention Group commander Col. John V. Bogdan, inspects the JDG colors prior to a brief ceremony recognizing his 30-year anniversary in the Army, June 6.





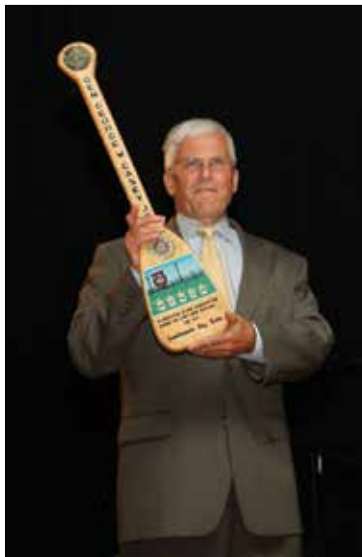
Command Sgt. Maj. Michael Borlin, Spc. Kaylee Jones and Brig. Gen. James Lettko, prepare to cut a celebration cake during the 238th Army Birthday Ball June 15, at the Windjammer on Naval Station Guantanamo Bay, Cuba. The cake cutting is a tradition held at Army functions where the oldest and youngest Soldiers from the units in attendance cut the cake together.



A group of Soldiers deployed in support of the Joint Task Force Guantanamo pose for a photo during the social hour at the 238th Army Birthday Ball held at the Windjammer on Naval Station Guantanamo Bay, Cuba, June 15.



Retired Gen. George W. Casey Jr., speaks at the 238th Army Birthday Ball June 15, At the Windjammer on Naval Station Guantanamo Bay, Cuba. The former Army Chief of Staff honored fallen Soldiers during his remarks.



Retired Gen. George W. Casey Jr., accepts a Guantanamo Bay paddle at the 238th Army Birthday Ball June 15, at the Windjammer on Naval Station Guantanamo Bay, Cuba. Casey was the guest of honor at the Army Birthday Ball.

Celebrating 238 years

Island Style



Story and photos by Sgt. Cassandra Monroe

Staff writer, thewire@jtfgtmo.southcom.mil

Shoulder to shoulder with veterans, comrades, friends – and family – Soldiers assigned to the Joint Task Force Guantanamo, celebrated the Army's 238th Birthday with a birthday ball, rich in honor, traditions and strength at Naval Station Guantanamo Bay, Cuba.

For Army Reserve Spc. Kaylee Jones, currently serving her first deployment, attending her first Army ball was an honor in and of itself. As the youngest GTMO Soldier in attendance, Jones was chosen to cut the Army birthday cake with Command Sgt. Maj. Michael Borlin and Brig. Gen. James Lettko.

"I decided to go to the Army Ball because it would be a good experience," she said. "Being in the Reserves, you don't get an opportunity like this."

Surrounded by hundreds of her brothers and sisters in arms from each of the Service branches, each bringing their own experiences to the table, Jones took away the meaning of camaraderie.

"Being in the Army is important to

me mainly because of the people who you stand beside," she said. "You help them and they help you, and they're the people that get you through the day."

This sentiment was a running theme for this year's ball. The distinguished guest of honor, retired Gen. George W. Casey Jr., was invited to the ball by an old buddy – one who served with him in Iraq as a member of his security detail.

"How lucky we are as a country to have generation after generation who believe so strongly for what this country stands for that they're willing to put their lives on the line for America," Casey said.

"I was invited here by a former member of my security detail when I was in Iraq and when someone who has had your back in combat asks you to do something, you don't say no," he said. "I realized that I had the opportunity to spend the Army birthday with the Army I love, and I couldn't pass it up."

During his stay, the general visited Troopers serving at the detention facilities as well as the Marine Security Detachment which supports

the security mission along the base and Cuban territory borders.

"What I've seen is the magnificent job in the diverse variety of missions that the men and women stationed here do every day for our country," said Casey. "I was just amazed at the professionalism and the discipline of the men and women who work there."

The 525th Military Police Battalion hosted the birthday ball at the Windjammer for a crowd of more than 200. Tickets to the event sold out within two days of being on sale. In addition to Casey's remarks, attendees joined together for dinner, drinks and dancing.

In the end, leadership of the 525th MP Bn., hope that Casey's remarks and the overall experience help Troopers maintain their level of military bearing, values and appreciation for their own service.

"This is something special and whatever he can say to the Soldiers to continue on with their motivation through his trials and tribulations in his long, historic career is greatly appreciated," said Command Sgt. Maj. Michael Baker, 525th MP Bn. 🇺🇸

A bond that spans the globe

Story by Sgt. 1st Class Gina Vaile-Nelson

Editor, thewire@jtfgtmo.southcom.mil

His deployments have taken him around the world – a total of five times since 9/11. He has adventures and stories that can be summoned with one challenge coin, and it's a guarantee that they will keep you engaged for quite a bit of time.

After all, he is the reason why retired Army Chief of Staff Gen. George W. Casey Jr., celebrated the Army's 238th Birthday here at Guantanamo Bay June 14.

"I was assigned as his personal security detachment NCOIC," said Army Reserve 1st Sgt. Thomas M. Patrick II, first sergeant of the 428th Military Police Company, 525th Military Police Battalion Internment/Resettlement.

When the Birthday Ball committee didn't have a guest speaker, Patrick said he instantly thought of Casey, and sent him an e-mail request to be the guest of honor.

"General Casey told me to make it happen," he said. "He told me it would be an honor to attend for me and my Soldiers."

As Casey's PSD-NCOIC and convoy commander, Patrick was responsible for the safe transport of Casey throughout Iraq from 2005 to 2006 while he was assigned to the 377th Military Police Company, an Army Reserve Unit based in Cincinnati, Ohio.

"He wanted to get boots on ground with the Soldiers and accurately assess the progress being made," Patrick said. "He wanted to understand the issues from the commanders and Soldiers in the field."

Working with a Soldier's leader, Patrick said schedules were tight and the mission was like a baptism by fire for the then-staff sergeant and the rest of his team.

"The mission was the experience of a lifetime," he said.

His travels took him from Iraq to Greece, England and Washington D.C. During the missions, Casey met with key leaders including former President George W. Bush, all with

the detail – led by Patrick – in tow.

"The stress level and OPTEMPO was intense," said Patrick. "Seriously, the general did not take a day off in the 12 months I was on ground with him in Iraq."

That's because Casey was committed to establishing democracy, security and turning over the country of Iraq back to its people. And he was also sure of one thing during this mission – that Patrick's team had his back.

"He gave me the chance to lead his team and trusted us with his life," Patrick said. "His gratitude for that relationship has created a bond that will last a lifetime."

That bond is something that Patrick tries to emulate with his own Troopers.



1st Sgt. Thomas Patrick and retired Gen. George W. Casey, 238th Army Birthday Ball
Guantanamo Bay, Cuba
June 15, 2013

"I learned that it's always about those you lead and never about your own agenda," he said. "The general really listened to Soldiers and commanders in the field. When he promised them help, he delivered."

"I remember how approachable he was as a four-star commanding general. The Soldiers loved him. He mentored me in his actions and words. He inspired me to be the leader I knew I could be."

While Patrick knows that not every Trooper or Soldier will have the ability to work so closely with the next Army Chief of Staff,

networking with leadership and finding a solid mentor is important to any junior enlisted or junior officer – and just as important, he said, for leaders to fill that role.

"Great mentors and great coaches invest in you and take the time to ensure you have the right tools and experiences to be successful," he said.

"My philosophy on leadership is simple. Your success as a leader won't come from your particular leadership style itself. It comes from your ability to empower and influence those around you to accomplish great things." 🌟



*Sgt. 1st Class Thomas Patrick and Gen. George W. Casey
Bagram, Afghanistan 2008*



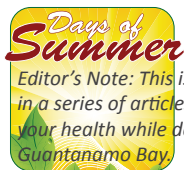
*Sgt. Stephen Bower, Staff Sgt. Thomas Patrick
and Spc. Clifton Pettyjohn prepared for a mission
Balad, Iraq 2006*



*Staff Sgt. Thomas Patrick, flying over Baghdad, Iraq
March 2006*

Hospital corpsman relays hydration tips

Story by Sgt. 1st Class Gina Vaile-Nelson
Editor, thewire@jtfgtmo.southcom.mil



As if temperatures in the 90s weren't enough, by the time this edition of The Wire hits your nearest newsstand, it's Friday June 21, and that means it's the first day of summer.

For many Troopers, this isn't exactly how you expected to spend your summer 2013. Yes, you're close enough to beaches, but spending it in uniform all day and bunking in a 10-by-11-foot room isn't really all that to write home about.

If you're not schooled up on your geography, Cuba sits just south of the Tropic of Cancer – and during the summer solstice (June 21), the sun is at the highest point over the Tropic of Cancer. Typically it's the hottest and longest day of the year. Traditionally, August is the hottest month here on the island, but from now until then we can expect hotter tempera-

tures thanks to the season change (and hurricanes too but that's an article for another week).

As you drive along the main roads on the Naval Station and Joint Task Force areas of operation, you'll notice flags of a single color flapping in the wind. When these white, green, yellow, red or black flags change colors, you should be changing some behaviors.

"Each flag represents the current temperature and humidity changes as well as the authorization to do physical activity in the heat," said Petty Officer 3rd Class Michael Jacobson, Hospital Corpsman, Joint Medical Group.

"With increasing temperatures and humidity," he said, "we should always increase



WHITE

Temperature: <80
Extremely intense physical output may cause heat injury. Caution should be taken



YELLOW

Temperature: 85-87.9
Strenuous exercise and activity should be curtailed for all personnel with less than three weeks training in hot weather



BLACK

Temperature: >90
Physical training and strenuous exercise suspended for all personnel (excluding operational commitments)



GREEN

Temperature: 80-84.9
Heavy exercise for non-acclimated troops should be conducted with caution and supervision



RED

Temperature: 88-89.9
Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather

Graphic by Staff Sgt. Aaron Hiler/The Wire

our water intake."

The human body is roughly 60-65 percent water and requires a daily intake of at least two-to-three liters-per-day. However, with the combination of strenuous activities such as physical training, our regular duties as Troopers and the GTMO heat and humidity – those liters can be gone before you know it. That's why Jacobson said it's important to increase your water intake on this deployment.

"The first thing I would suggest is to

always carry a water bottle with you wherever you go," he said.

The humidity, he said, acts as a hindrance to the body's natural coolant system – sweat. When the temperature of the surrounding air is high and full of water moisture, the body's cooling system has a more difficult time staying cool.

"Drinking water in high humidity will keep your sweat going and help you out," he said, adding that exercise or other strenuous activity should be limited when humidity is at its peak.

And for those who enjoy the occasional soda or cup of coffee, that's okay too.

"For an avid fan of soda, like myself, I personally drink two bottles of water per can of sweet Dr. Pepper," he said. "It

keeps me hydrated and safe in the Gitmo sun."

Energy drinks, however, should be avoided, according to Jacobson.

"They flood your system with sugar, caffeine and many other substances," he said.

The same substances common in diet pills and appetite suppressants – another big no-no when exposed to extreme heat and humidity.

"You do feel more energized, but you are also suffering side effects," he said. "They include restlessness, headaches, heart palpitations, suppressed appetite, muscle tension, insomnia, light-headedness and dehydration."

Though energy drinks, supplements, alcohol and excessive salt intake can exacerbate dehydration and its symptoms, accord-

For an avid fan of soda, like myself, drink two bottles of water per can of sweet Dr. Pepper.

— Petty Officer 3rd Class Michael P. Jacobson
Hospital Corpsman, Joint Medical Group

ing to the popular website WebMD, other causes are: fever, infections, diabetes and injuries to skin such as burns – including sun burn.

“The signs of dehydration are a lot more subtle than first thought,” Jacobson said. “Watch out for thirst, dry mouth, tiredness, lightheadedness, headache and weakness or reduced urinary output.

“These are usually the first signs of dehydration,” he said.

Jacobson recommended relaxing in a cool area, calming your activity level and drinking water if you feel those symptoms. But Jacobson warned that extreme thirst, dry mouth, lack of perspiration, fever, rapid heartbeat and confusion should be taken very seriously.

“If you have serious symptoms of dehydration, you should seek medical help as soon as possible,” he said.

Even Troopers who are comfortable with their current water intake could be at risk for dehydration. It depends on your level of activity, the weather and how much you lose throughout the day. The equation is one only you have the answer to.

“Dehydration is easily preventable,” he said. “Use your head, plan ahead and know your body. If you are currently not drinking enough water, amend your behaviors and start drinking more now.” 🍹

Recognition and thanks

Awarded to: JTF Troopers

For: Outstanding Volunteer Service

Story and photo by Spc. Lerone Simmons

Staff Writer, thewire@jtfgtmo.southcom.mil

Troopers who volunteered service hours to the W.T. Sampson Elementary School during the 2012-2013 school year were honored at a Volunteer Appreciation Luncheon at the school June 14, by the local Parent Teacher Organization.

“Our events would not take place without our volunteers,” said Lisa Pecci, PTO vice president 2012-2013.

Pecci said Troopers spent time with students by walking them to school, playing and exercising as well as assisting with other PTO-sponsored activities.

“I have a daughter back home, and volunteering is a way to help fill that temporary void,” said U.S. Coast Guard Petty Officer 2nd Class Ryan Huffman, a Trooper assigned to the Joint Task Force Guantanamo.

“It doesn’t take much time and both parties share positive benefits,” he said. “It shows the kids that people care.”

Huffman and the other volunteers from the 2012-2013 school year were treated to a luncheon with sandwiches, cookies, chips and drinks and also received a certificate of appreciation for their efforts.

Michelle Beverly, PTO president, said volunteer opportunities are available for Troopers in need of hours.

Working separately from the school and base, the PTO is a non-profit organization that works to generate monies for extra-curricular activities and programs.

For more information on volunteering with the PTO in the future, call Lisa Pecci at ext. 2025 or wtsampsonpto@gmail.com. 🍹



Elementary students enrolled at the W.T. Sampson Elementary School at Naval Station Guantanamo Bay, honored Joint Task Force Guantanamo Troopers June 14, for their volunteer service during a luncheon at the school.

This week at the

Fleet & Family Support Center

Call ext 4141

New to GTMO orientation

Thurs., June 27, 8:15-11:15 a.m.

Chaplain's Word of the Week:

"COFFEE"



For many of us, coffee gives us our morning kick-start to the day. Likewise, our lives need something, a sense of purpose, which gets us started and keeps us going. What keeps you going?

The Wire

CLASSIC CORNER

You're never off the record

Maintain your situational awareness

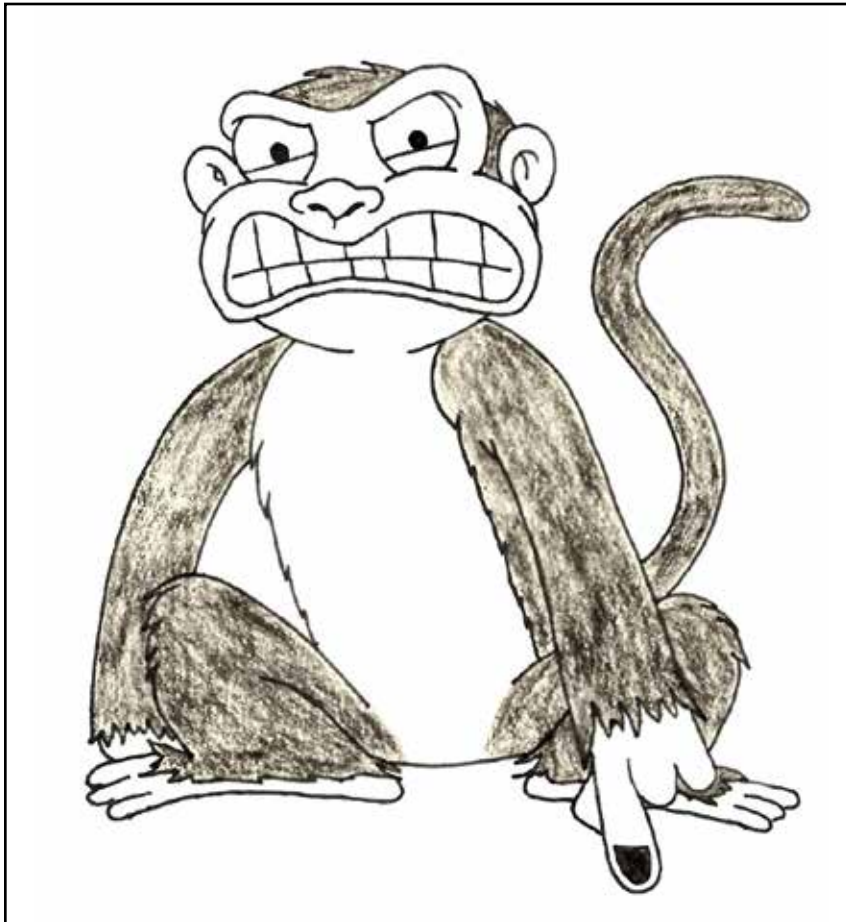
Here at Guantanamo Bay, each of you serves a significant role in this important mission.

When you're out and about, consider the "Need to Know" principles of information and ensure that you adhere to them. Conduct a risk assessment in each area for which you operate. Do the patrons at O'Kelley's "NEED to Know" everything you did today while on duty?

Just like your diligence on social media platforms, you must maintain awareness while on the beach, at the NEX or on your block.

If you identify the critical information about your duty, analyze your surroundings, assess the risk of inadvertently leaking information and apply countermeasures such as leaving work at work, then you won't have to worry about violating operational security.

THE DOWNSIDE UP by Sgt. Darron Salzer



And that's what gives us a bad name.

MARBLEHEAD LANES

Red Head Pin Bowling

On Thursday nights, roll a strike with a red head pin and get a free game.

Cosmic Bowling

Fridays & Saturdays, 9:00-11:30 pm

Take bowling to new heights with cosmic lights, a stellar sound system and videos by request on 4 big screens. Your cost is \$13, including shoes and 2 1/2 hours of bowling.

Marblehead Lanes

Mon–Fri: 5:30-11:00 pm

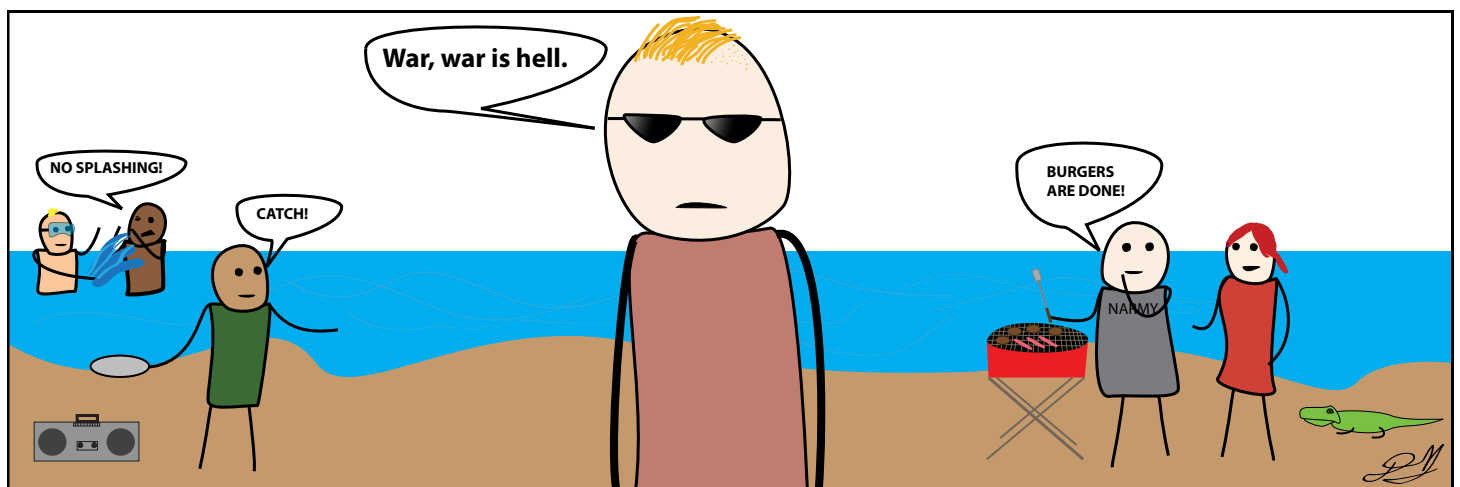
Sat: 1 pm to Midnight

Sun: 1-11 pm

ext 2118



GTMO JOE by Spc. David Marquis



Fun run celebrates tradition, honor

Esprit de Corps



Photo by Spc. Lerone Simmons/The Wire

MP's start off Army birthday weekend with battalion pride

Story by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

The 525th Military Police Battalion conducted a battalion run June 14. The run was meant to build camaraderie and Esprit De Corps amongst the Soldiers, as well as celebrate the U.S. Army's 238th birthday.

Throughout the three-and-a-half-mile-run, Soldiers assigned to the battalion and other participating units took turns carrying the battalion colors; trading off every half mile. Following the 525th colors was the individual companies' guidon.

After the last Soldiers crossed the finish line, the battalion gathered around the 525th Commander, Lt. Col. Darcy Overbey and battalion Command Sgt. Maj. Mike Barnes. The two leaders spoke about the importance of tradition and strength in the Army.

"At no time do we want to lose our history and traditions," said Barnes. "That's what a battalion run does, it strengthens those traditions."

"We survive and succeed as a team," said Overbey. "Our strength is in one Army."

The run was the kick-off for the Army Birthday celebration weekend, followed by a visit from retired Gen. George W. Casey Jr., and a formal ball. It was an experience that Soldiers in the 525th were happy to participate in.

Amongst the high-fives and fist bumps, members of the 525th recounted their own experiences with the run.

"It was really fun," said Pfc. Winnifred Kennedy, a supply specialist with the 602nd Military Police Company. "I'm excited about this weekend and the Army Ball."

Seven companies participated in the run that consisted of approximately 400 Soldiers. The route took the battalion from the Downtown Lyceum, up to the Naval Station Headquarters, back around to the U.S. Coast Guard Master of Arms Station, around the Naval Exchange, and finishing where the run began. 🏠



This recipe was a personalized take on the original boxed-cake recipe, making these cupcakes extra moist. Although I mostly make my cupcakes from scratch, I really liked this recipe because it was very easy to make, but still had more substance than the regular box mix. (This is a great recipe if you're just starting out as a baker too.)

Preheat oven to 350 degrees Fahrenheit. In a large mixing bowl, combine 1 box **Betty Crocker Super Moist Yellow Cake Mix**, 1 box **Vanilla Pudding**, 1/2 tsp. **vanilla flavoring**, 1 cup **milk**, 1 stick **butter (melted)** and 4 **eggs**.

After items are combined, oil a 13x9 pan or a 12-cup muffin pan. For cake, bake for 35-40 minutes; for cupcakes, bake for 18-20 minutes.

For icing: Any store-bought icing is good, but if you prefer made-from-scratch icing, try this recipe from Annie at AnniesEats.com (This is my usual go-to cream cheese icing).

Combine 10-ounces **cream cheese** and 6-and-a-half tbsp. **unsalted butter** until fluffy, about two to three minutes in a bowl. (This is where a Kitchen Aid electric mixer comes in handy, but a hand mixer works too.) Add in 3 and 1/4 cups **confectioners sugar** on low speed until blended.



SIMA'S YELLOW CUPCAKES

Increase speed to medium-high and beat 2-3 minutes more. Blend in 4 tsp. **vanilla extract**, then frost your cakes!

**This yellow cake recipe was sent in by Staff Sgt. Lasima Packett*



p.s.
(one last thing)

I want to hear from you! Did you try my recipe and loved it? Did you try my recipe and hated it? Well... that's too bad, but email me anyways! If you have a recipe you'd like for me to try, **contact me!**
cassandra.l.monroe@jftgtmo.southcom.mil

Looking for something to do this weekend or early next week? Check out these events brought to you by the Morale, Welfare and Recreation office:

ADULT 100m SWIM



Saturday, June 22, 10 a.m. to 1 p.m.

Come to the the Marine Hill Pool for a 100m swim meet. Sign up and pay at Denich Gym. Every finisher receives a t-shirt.

Open to all hands, 18 years and older. Cost: \$10 for registration.

POOL TOURNAMENT

Camp America Liberty Center
Monday, June 24, 7 p.m.




Civilian contractor Mar Andrew Embestro captured this lizard enjoying the sun here at Guantanamo Bay.

Send your best photos to thewire@jtfgtmo.southcom.mil

PHOTO OF THE WEEK